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A SCHOLAR TAKES A LOOK AT HOW THE FAMED HARRY POTTER SERIES HAS SHAPED THE 'MUGGLES' GENERATION

PAGE 13

Canadians held in Egypt get help

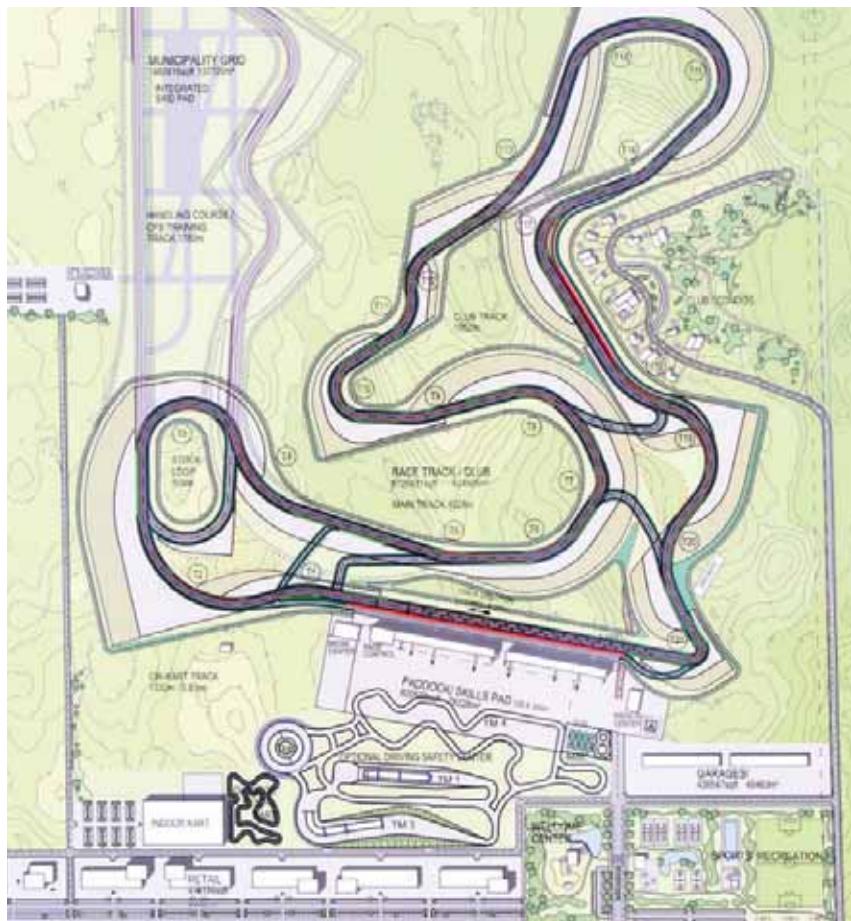
London, Ont., doctor and Toronto filmmaker en route to Gaza being kept in prison in an undisclosed location

PAGE 5

Yogi not getting in twist over sexual assault lawsuits

It's downward dog as usual at Vancouver studio after founder served papers

PAGE 6



This is an overhead view of Phase 1 of the proposed Rockyview Motorsports Park, which organizers hope to establish northeast of Airdrie. HANDOUT



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Motorsports park design revealed

Airdrie-area project.

Pitch will be made to Rocky View County in phases



JEREMY NOLAIS

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Kilometres of rolling racetrack, a specially designed area for police to train and numerous other sports and recreation facilities are included in the first-phase designs for a motorsports park being pitched northeast of Airdrie.

Metro was first to report in July 2012 on the work of the Rockyview Motorsports Corporation to establish a nearly \$30-million racing centre that many hoped would replace Calgary's Race City, which shut down in 2011.

Now, the team behind the Rockyview development has been carting designs of their development around to automobile shows in the Calgary

area.

"This is going to be more than just auto sports," corporation President Dominic Young said Sunday. "We want to see all sorts of sports and recreation."

As an example, Young said a group has come forward hoping to establish a soccer centre with both indoor and outdoor fields. The concept designs also show room for tennis courts, and Young said he could see hockey arenas being established on site as well.

There will also be a portion of the roughly 400-acre site devoted to a centre focused on automobile and motorcycle safety. Young said his group intends to explore possible partnerships with Alberta Transportation and the Alberta Motor Association.

The racetrack's design has been undertaken by internationally renowned German engineer and architect firm Tilke, which recently developed the Circuit of the Americas Formula 1 track near Austin, Texas, and is working

on a circuit in Sochi for the inaugural Russian Grand Prix next year.

About 1.8 kilometres of the track will be designed with the Calgary Police Service in mind — Young said his group met last week with members of the service and they're "very much on board" to establish a vehicle training centre there. It would be similar to one they'd hope to build near Chestermere before the proposal was voted down by Rocky View County council.

That same council holds the key to whether Rockyview Motorsports Park ever actually drops a checkered flag. Young said a proposal for Phase 1 of the project is nearly complete and will be put forward after municipal elections in October.

Coun. Lois Habberfield, who will seek re-election in the fall, said Sunday major concerns for Rockyview constituents will include potential noise issues, actual benefit to the county and potential traffic snarls.

"As with any proposal, you really have to weigh the pros and cons," she said.

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Speakers' Corner

Calgary shows compassion for Egypt



Gamal Selim offers support for Egypt's military on Speakers' Corner in Tomkins Park on Sunday. JEREMY NOLAIS/METRO

Far from the chaos of Tahrir Square, a few dozen Calgarians took a break from their fun to get a better sense of an ongoing crisis in Egypt that has claimed hundreds of lives in recent days.

The debate, part of a weekly Speakers' Corner, came as Egypt's top military leader called for an end to violence between his forces and protesters.

While Luke Richards, a local carpenter, admits he's no expert on Egypt, he couldn't refrain from watching the graphic images on TV. "I'm human," he said. Richards then spotted the Speakers' Corner event at Tomkins Park Sunday and stopped to hear a debate between Mohamed Hassanin, a University of Calgary student critical of the Egyptian military, and Gamal Selim, who graduated with a PhD in political science and believes ex-president Mohammed Morsi's ouster was necessary.

Richards offered his impressions. Hassanin made it clear he isn't a Morsi supporter but claims what the military has done in recent days is nothing short of a "massacre."

JEREMY NOLAIS/METRO



Community residents living near Patrick Airlie Elementary School, seen here, say prostitution is a worsening problem in the area. JEREMY NOLAIS/METRO

Residents 'fed up' with prostitution by school

Forest Lawn.

Community says sex workers moving closer to Airlie Elementary

Forest Lawn community advocates and residents alike say a long-standing prostitution problem in the area has moved too close for comfort to an elementary school.

Art Sheeler has called for a crackdown on sex-trade workers and drug use in the southeast Calgary community for decades. In recent years, he said prostitutes have begun more regularly crossing to the north side of 17th Avenue S.E. and can now be seen frequent-

ly standing near Patrick Airlie Elementary School.

"It's at all hours of the day," he said. "I am just fed up with it."

Larry Leach, a candidate for Calgary Board of Education trustee in the upcoming October municipal election, said he's been hearing similar concerns while door-knocking in a three-block radius around the school. He said "at the very least," security cameras should be installed in the vicinity and hopes the school board is working actively with police and the community.

"We must be vigilant to make our schools safe for our children," Leach said. "This activity near a school is not acceptable."

Metro also spoke with five residents living in homes directly across from the school. All confirmed seeing what they believed to be prostitution in the area and three said they were witnessing it more frequently in recent months.

Calgary police, meanwhile, say they have received complaints of prostitution near the school and have made patrol units in the area aware. So far, officers have found no evidence to support the claims, according to Sgt. Shanon Scott.

"It's obviously very concerning," Scott said. "We don't want any criminal activity anywhere in the city, especially not areas where children frequent."

Petition

Forest Lawn community activist Art Sheeler once obtained thousands of signatures on a petition that would restrict prostitution "within a five-block radius of any residential area, church or school."

- He said he was later informed such a move would be discriminatory.

Scott said warmer weather in the summer tends to lead to a spike in prostitution and, with that, an increase in public complaints.

JEREMY NOLAIS/METRO



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NEWS



B.C. resident Carly Reisig, seen in this undated photo, enjoys a life of seclusion years after being shot in a northern Thai village. Her friend, Calgarian Leo Del Pinto, was also shot and died of his injuries. [FACEBOOK](#)

Her life forever changed, 2nd victim in Del Pinto murder lives in isolation

Fatal 2008 shooting in Thailand. Killer to be sentenced in Calgary traveller's death



JEREMY NOLAIS

[jeremy.nolaïs@metronews.ca](#)

Carly Reisig is on a "roller-coaster of recovery and discovery," and she's not sure she'll ever get off.

It's been five and a half years since her friend Leo Del Pinto of Calgary was killed, shot in the face and stomach by off-duty police Sgt. Uthai Dechawiwat in the northern Thai village of Pai.

Reisig was also shot in the chest but has since recovered. The pair had been backpacking together through the area at the time.

Reisig now lives in iso-

Justice for Leo

- Friends and family of Leo Del Pinto kept pressure on the Thai government and Canadian Foreign Affairs Ministry to continue investigating his murder.
- Then-Sgt. Uthai Dechawiwat initially claimed he shot Del Pinto accidentally while attempting to break up a fight outside a bar.

lation on Mudge Island, a small haven, no more than a kilometre wide and four kilometres long, tucked in between Vancouver Island and Gabriola Island. She admits to secluding herself from society — she doesn't even own a phone — and makes ends meet by picking up the odd house-cleaning job on the is-

land.

"Sometimes it's still really hard to stay positive," she said. "I get constant reminders physically and emotionally in my day-to-day life."

On Tuesday, Dechawiwat is due to be sentenced after admitting in July to murdering Del Pinto. The former police officer is already serving a 25-year sentence after being convicted in 2011 of clubbing his pregnant wife to death just weeks after they were married.

Leo Del Pinto's parents plan to be in court that day, but Reisig will steer clear. She is hoping to obtain a lawyer to provide legal advice on potential reparations but appears to have few thoughts of changing her current lifestyle.

"I am unable to deal with much stress anymore and I find it peaceful here," she said.

"My life has changed forever."

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Consulate working to free Canadians held in Egypt

Arrested Friday.

Men are in good health in prison but cause for detention still unknown

SCOTT
TAYLOR
Metro in London, Ont.

It was a weekend of worry for Tarek Loubani's family, left in the dark after the London, Ont., emergency-room doctor was arrested by Cairo police on Friday.

But by late Sunday, the Department of Foreign Affairs had confirmed that their embassy in Cairo is trying to help Loubani and his fellow captive, York University Prof. John Greyson.

"We have heard from Canadian consular services that

they managed to visit Tarek Loubani and John Greyson in the Egyptian prison facility," Justin Podur, a mutual friend of the two, posted on his blog.

"(The consulate is) going to go back to the prison (Monday) and they're going to try to get them out," Podur said.

Podur said he has no information about why the two men are being held, but it was much worse when family and friends didn't know anything.

Earlier in the day, Loubani's cousin Hanan Loubani said the family was desperate for information.

"We have no idea how to get in contact with him," the Londoner said. "We're afraid, we're waiting for some sort of answer."

"He went down there to offer aid," Hanan said.



John Greyson THE CANADIAN PRESS FILE



Tarek Loubani CONTRIBUTED

"He usually goes to Gaza every three months through the Rafah border in Egypt, but this time it was closed. And Egypt's treatment of Palestinians lately has not been

the best."

Loubani, who came to Canada as a refugee from Palestine, was on his way to Gaza as part of an ongoing collaboration between West-

ern University and Al-Shifa Hospital.

Greyson was tagging along as a filmmaker to do some exploratory work.

WITH FILES FROM TORSTAR NEWS SERVICE

Gas or gunshot?

Thirty-six prisoners die

Security forces fired tear gas at a prison truck in Egypt Sunday in an attempt to free a police officer from rioting detainees, killing at least 36 suspects rounded up during street clashes, officials said.

The officials said those killed died from suffocating on the gas.

However, official state news agencies reported that the deaths took place after security forces clashed with militants near the prison, and detainees came under fire while trying to escape. THE CANADIAN PRESS

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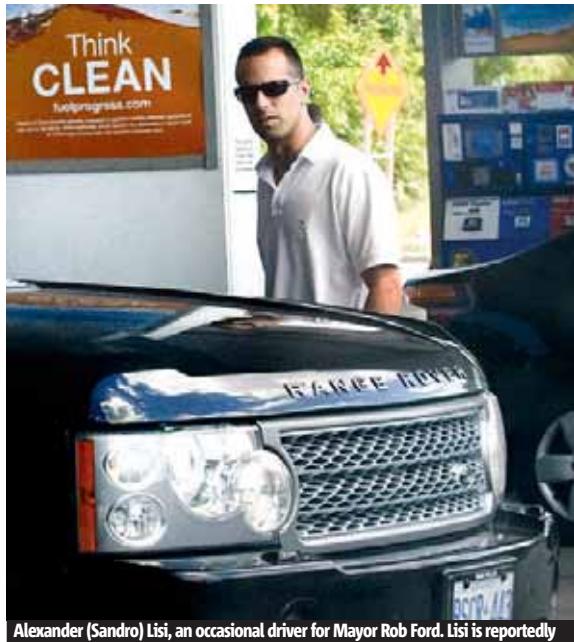
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Cops mum on report Ford's entourage tried to get video



Alexander (Sandro) Lisi, an occasional driver for Mayor Rob Ford. Lisi is reportedly a target of the investigation into attempts to retrieve an alleged video in which Ford smokes what appears to be crack cocaine. DALE BRAZAO/TORSTAR NEWS SERVICE

Lips sealed. Police and mayor stay silent regarding the latest on the alleged crack tape, but Doug Ford has a few choice words

Toronto police aren't commenting on a report that they are investigating attempts by associates of Mayor Rob Ford to obtain an alleged video purportedly showing him smoking crack cocaine.

The mayor hasn't commented either, but his brother, city councillor Doug Ford,

Fighting words

People are fed up with "this tabloid garbage."

Doug Ford, a city councillor and Rob Ford's brother, came out swinging on his radio talk show Saturday regarding the ongoing coverage of the alleged video

has denounced the *Torstar* News Service report as "just another attack" by the newspaper.

Torstar is reporting that two members of the mayor's entourage were beating the bushes in the days after media reports surfaced that some journalists had viewed the alleged video.

The newspaper quotes a witness as saying an occasional driver and security guard for the mayor, Alexander (Sandro) Lisi, visited a group of known drug dealers and asked about the whereabouts of the people who made the alleged video.

Lisi's lawyer has confirmed his client is involved in a police investigation but would not give specifics.

The *Torstar* story says the mayor's logistics director, David Price, was making phone calls inquiring about the video's whereabouts, but doesn't attribute the information. **THE CANADIAN PRESS**

Om. Bikram yogis stay zen as controversy around founder heats up

Yogis are bending, stretching and sweating as usual at Vancouver Bikram studios despite a scandal heating up around the practice's founder.

Five civil lawsuits alleging sexual assault and harassment have been filed against Calcutta-born, California-based Bikram Choudhury, creator of the 26-pose practice in rooms heated to 40.6 C.

None of the allegations have been proven in court, and Choudhury's lawyer has denied them, yet the sal-

acious accusations has raised some eyebrows in a community usually known for its peaceful mantras.

But in the city where Lululemon started and yoga studios abound the bad press surrounding Choudhury hasn't had an impact on local business, Bikram Yoga Commercial Drive owner Christian Betancor Leon said.

"Whatever Bikram the man does is not going to affect the yoga one iota. The yoga is pure; it's clean," Betancor Leon said.

EMILY JACKSON/METRO IN VANCOUVER



Owner Christian Betancor Leon, left, and yoga teacher Jacob Lynch demonstrate poses at Bikram Yoga Commercial Drive in Vancouver. **EMILY JACKSON/METRO IN VANCOUVER**

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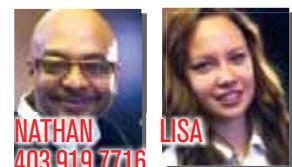
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One Canadian's hell in Somalia

Taken hostage.

Alberta woman starved, beaten and sexually brutalized tells all in a soon-to-be-released book

After about a year of being held hostage and tortured, Amanda Lindhout decided it was time to kill herself.

The Alberta woman, taken hostage in Somalia in August 2008, says she reached her breaking point after spending three days trussed up like an animal, her hands and feet pulled so tightly behind her back that she could barely breathe.

When her captors did untie her, they told her it was only a reprieve. They promised to use the same torture technique on her again each



Amanda Lindhout
CONTRIBUTED/THE CANADIAN PRESS

day until they got their ransom money.

Left alone, Lindhout resolved that she was better off dead. She would take a rusty razor to her wrists.

But as she held the blade in her hand, a small brown bird flew into the doorway

of the room where she was being held. It hopped on the dirty floor, looked at her and flew away. It was the first bird she'd seen since shortly after she was taken.

"I'd always believed in signs ... and now, when it most mattered, I'd had one," she writes. "I would live and go home. It didn't matter what came next or what I had to endure."

In an advance edition of a book, set for release next month, the 32-year-old details the brutal 15 months she spent in captivity along with Australian photographer Nigel Brennan. Entitled *A House in the Sky*, the book is co-authored by Sara Corbett.

It reveals how Lindhout and Brennan's families eventually co-ordinated the pair's release themselves. The final price for their lives: \$1.2 million, \$600,000 went to the kidnappers. **THE CANADIAN PRESS**

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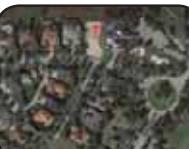
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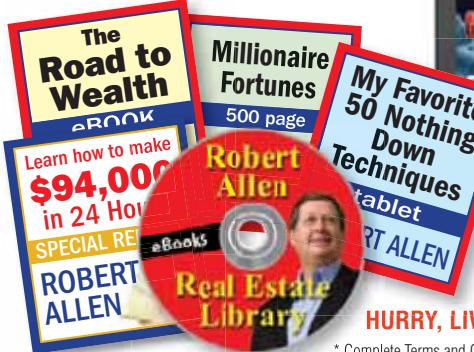
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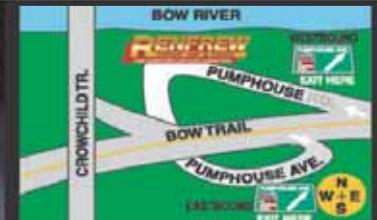
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NICKELBACKLASH IS BACK

I can't believe the dog days of summer are so dry that I'm about to write this column on one of the least interesting topics I can think of: Nickelback.

Hanna, Alta.'s own, both loved and maligned the world over.

They're a frequent punching bag in the music press, yet the band's haters are quickly dismissed as nothing but hipsters by Nickelbackers.

The group writes straight-ahead hometown heartstring pieces like *Photograph*, but also go on to tell their female fans that they *Look Good With Something In Their Mouths* (and, ladies, they love your lack of self-respect).

I'm going over the press from last Thursday's Flood Relief concert at McMahon stadium. By all accounts it was a successful affair, with fun sets by the likes of Corb Lund, Tom Cochrane and the headliners, Nickelback. Chad and the boys played to more than 30,000 concert-goers and paid out of pocket to transport a lot of the show's gear.



High Plains Drifter
James Callsen
calgary@metronews.ca

It's great PR for a band that frequently gets maligned in this city: Hometown boys return to lend a hand by rockin' out.

How could it go wrong? Well it did, when Telus, which was streaming the event, pulled the plug for the Nickelback portion, saying that it was the band's request to keep their performance exclusive.

Since that time, there's been a lot of he-said-she-said about the situation, but it illustrates the weirdness that surrounds one of the most popular groups on the planet. They're wildly successful, having sold millions of records, but there's just this element around the group that doesn't smell good.

If you've ever been to Hanna it's pretty easy to respect the band's hard climb to the top of the album-sales charts. There's no rich benefactor taking care of them like too many pop stars today. They're the epitome of the small-town rock-star

Who are we to judge?

Maybe Nickelback isn't best understood by writers and music geeks.

dream coming true. And that's awesome.

However, their reputation for ham-fisted misogynistic lyrics and uninspired songwriting is at least (in this music scribe's opinion) partially deserved.

But maybe Nickelback isn't best understood by writers and music geeks.

They're the band for people who don't know much about music and don't care to. People like Joe Six Pack, who still buys five CDs a year and attends one concert. He wants something simple, background music that doesn't make him feel condescended to while he's drinking beer on a Friday night.

And when you keep that in mind, Nickelback's success is not that surprising.

Worth mentioning

New Lego robots excite techies in Silicon Valley



A robotic Lego Mindstorms unit gathers cardboard rolls in Stanford, Calif. THE ASSOCIATED PRESS

Few are more excited about Lego's new Mindstorms sets rolling out next month than Silicon Valley engineers.

Many of them were drawn to the tech sector by the flagship kits that came on the market in 1998, introducing computerized movement to the traditional snap-together toy blocks and allowing the young innovators to build their first robots. Now, 15 years later, those robot geeks are entrepreneurs and designers, and the colourful plastic bricks have an outsized influence in their lives.

Techies tinker at Lego play stations in workplaces. Engineers mentor competitive Lego League teams. Designers use them to mock up larger projects ideas. And executives stand Lego creations on

their desks alongside family photos.

"Everyone I work with played with them as children. We sit around talking Lego. It's a shared common experience," said Travis Schuh, who reaches into his bin of plastic blocks when he needs a quick prototype at the Silicon Valley medical robotic firm where he works.

The new Mindstorms sets, designed for kids over 10, are simpler for the younger crowd and more versatile for sophisticated users than two earlier versions.

THE ASSOCIATED PRESS

Comments

RE: Tim's Needs Lid Adjustment: Customer Grumbles, published Aug. 15

I noticed too that the drippy seam is a problem, where the seam meets the lid. But the lid still leaks while carrying. They used to fill your mug, until they started selling their own mugs (by mug I mean those insulated travel mugs). Perhaps the leaky cup is designed to leak.

ijdfc posted to metronews.ca

For the most popular, wealthiest coffee chain in this country, I tend to agree that all flaps and seams aside, you would think after 25 years they would invest in a more professional, travel-friendly lid system.

Where the heck was I.... Subway, I think, had a simple turn-based coffee-cup lid that turns a small second layer to cover the opening and seals with just the tightest seal on the cup.

Facilalitity posted to metronews.ca

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ZOOM

Here comes the shock wave



ZAK NOYLE/A-FRAME

Garbage mars surfing photo

This is hardly a surfer's paradise. The startling image shows pro surfer Dede Suryana braving a trash-infested wave in Indonesia. Zak Noyle, a staff photographer for Surfer Magazine based in Honolulu, Hawaii, took the picture at a remote location in south Java, an area usually noted for its crystal-clear waters. METRO

Q and A

'A wake-up call for all of us'



ZAK NOYLE
Staff photographer for Surfer Magazine, 28, from Honolulu, Hawaii

What was the wave like?
There were food wrappers, tree branches, even soccer balls. It was like being inside

a washing machine of trash.

Did all the debris make the photo difficult to take?

Yes — there were tree trunks the size of a car that we had to push through before Dede could go on and surf.

How did seeing the polluted water make you feel?

Very sad. There was so much trash that the four of us had

no chance of cleaning it up ourselves. These waters are normally pristine so I was shocked to see this.

Others may indeed share the same sentiment ...

Absolutely. As a photographer, I want to be able to spark awareness in people's minds. I hope this photo will be a wake-up call for all of us to keep our oceans clean.

The Harry Potter generation

Mindful muggles.

Scholar takes a look at how the famous series shaped Millennials who have adopted some of the positive lessons from the story

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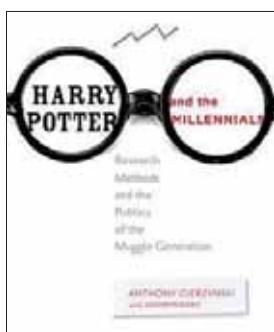
Political science professor Anthony Gierzynski has analyzed the influence of Harry Potter on youngsters in the United States. Here a few thoughts from the author of Harry Potter and the Millennials: Research Methods and the Politics of the Muggle Generation.

You wrote three books about U.S. politics. How did you get the idea of mixing your previous studies with the Harry Potter phenomenon?

I have long had an interest in, and speculated about the role of entertainment media in politics, sparked by movies like Do the Right Thing, Star Wars, Independence Day and movies portraying the U.S. President as an action hero in the 1990s, the portrayal of politicians in movies and TV (which is nearly universally negative), the different Star Trek series, and, more recently Battlestar Galactica (which is rich with politics), and so on. And, I have had many conversations with my students about the subject and ultimately decided to design a class whose purpose would be to investigate entertainment media effects. The first few semesters of the class we ran experiments, conducted surveys, and collected qualitative data on the effects



Children wait outside Waterstones book shop, Europe's largest bookstore, for the launch of Harry Potter and the Order of the Phoenix on June 20, 2003. GETTY IMAGES



of entertainment media such as Star Wars, The Simpsons and South Park, and overall TV viewing habits (some of that research is reported in this book), before doing the Potter research.

I also guess you read the books and watched the movies. Have you been influenced by this kind of phenomenon at your time (Star Wars, etc)?

I am a fan of Harry Potter, but I am a Gen Xer, not a Millennial, so other entertainment media that I was exposed to in my formative years — yes, Star Wars, the Lord of the Rings books, Saturday Night Live, and Star Trek were the main sources of entertainment media influences for my political socialization.

One the main points of your book is that you chose people who grew up with the characters over a long period (10-15 years). Thus, you note that the Millennials read it during their most politically vulnerable and formative years. Your study shows that fans have transposed some lessons/values from the series (equality, tolerance, commitment, loyalty, diversity, anti-violence\anti-torture) into their real life. Can you tell us more about these observations?

The key thing is that, while the Potter series was a story designed to entertain, the nature of the story (and indeed any story) is that the characters learn certain lessons as the plot moves along and exhibit certain characteristics. As we become immersed in the story and identify with characters we tend to internalize those lessons and sometimes adopt those characteristics for our own. So, Harry and his friends evince an aversion to violence, fight for tolerance and equality and oppose oppressive authority and we found fans had similar traits on those very attitudes.

Could Harry Potter keep continuing to have this kind of impact — for example, Star Wars is still popular many decades after the first movie?

Possibly — I still have students who are Potter fans. The next generation, however, may

adopt a different entertainment phenomenon.

Will there be another study in the future in order to go further? Do you want to keep working on this subject?

Yes. At the end of the book I have a website address for readers to tell me their stories about Harry Potter or any other entertainment sources and their political effects in order to gather more qualitative data to see whether there is additional support. I am also working on other research projects on entertainment media effects that utilize experimental designs that can establish causal relationships. I will be submitting to a journal this fall a paper I presented at a political science conference that looks at how villains of science fiction, fantasy and superhero genres affect views about criminal justice and terrorism policy.



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bynes moves facilities for better psychiatric care: Source

Amanda Bynes has been moved from the psychiatric unit in Ventura County, north of Los Angeles, where she's spent the last two weeks and has been admitted to the UCLA psychiatric facility — and she's expected to stay there for at least two months, according to Radar Online. "Amanda needed specialized medical attention that she wasn't getting," a source explains. "It's expected that Amanda will remain at UCLA for the



next two months because she has very complex mental health issues that need to be dealt with. It will also take a significant chunk of time to get Amanda ... on several prescriptions for her condition — and to make sure it's working properly." **METRO WORLD NEWS**

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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
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Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 5, 2013. PLEASE QUOTE: "Graphic Designer - Calgary in the subject line. All submissions will be treated as confidential.

Water safety

Drowning risk highest on hot days

In books and movies, drownings almost always seem to occur in bad weather. But the perception isn't actually accurate, a new study suggests.

The work, by researchers from the University of Toronto and Sunnybrook Health Sciences Centre, says the risk of drowning outdoors is nearly 70 per cent higher on days when the mercury climbs to 30 C or above.

Lead author Dr. Michael Fralick and his co-authors

drew data from records on 1,243 drownings recorded by Ontario's Office of the Chief Coroner. The deaths took place in the province between 1999 and 2009.

Most of the drownings took place during the summer months. And most of the people who drown did so

while taking part in recreational activities.

In the vast majority of cases, personal flotation devices were not used. They were either not present (80 per cent of cases) or not worn (11 per cent of cases). Most of the drownings took place in open water. **THE CANADIAN PRESS**

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The business of being mom

Opting out. Many women who decided to stay at home with their kids may have actually sharpened their business skills



IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Ten years ago the phrase "opting out", became a part of the lexicon, due mostly to a New York Times op-ed piece called The Opt-Out Revolution.

Written by Lisa Belkin, it was about the growing trend of women dropping out of high powered careers in order to stay at home with their families.

Flash-forward a decade, and many of these women are finding themselves in a position, often but not limited to personal finance challenges, to want to opt back in to the work force.

But how can they update their skills and subsequently their résumé after having missed out on arguably the biggest changes in "work" during this fast forward technology driven 10-year period?



Being home with the kids may actually improve some of your business skills. **ISTOCK**

While being at home with the kids likely won't replace the skills and knowledge gained by working corporately, I would argue that it could actually hone the following handy talents:

Time management
Moms are pros at executing work schedules which will have kids dressed, fed, and on the soccer field on time.

Project management
Having milestones come together to complete a business objective is literally child's play after mastering the art of changing a baby's diaper while disciplining a preschooler and supervising homework.

Crisis management
If dealing with the aftermath of baby's first smoked

fish meal, a faulty diaper and an ill-timed mommy and me swimming class don't constitute a "crisis", I don't know what does.

Risk management
Making a decision guaranteed to be unpopular with at least one of your children while minimizing the inherent risk of a total meltdown is a pure mom talent.

Financial management

When one income is eliminated to stay at home with the kids, the expenses associated with raising said children increase at approximately the same ascending rate. From diapers to school trips, "indoor runners," hockey equipment and other assorted sundries, managing the finances and determining a return on investment for your family sharpens mom's budgeting skills daily.

The best news? The steepest learning curve for many has been social media. The explosion of mommy blogs happened around the same time as the opting out began, and this educated, driven, and ambitious demographic is one of the savviest when it comes to using Twitter, Facebook and Pinterest.

Instead of dismissing a Tweet about an explosive bowel movement by "just" a mommy blogger, it's really an insight into containment strategy from a communications expert.

KATHY BUCKWORTH'S LATEST BOOK I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS IS AVAILABLE EVERYWHERE FROM RANDOM HOUSE, AND HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION.

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1. Preheat a grill to medium. In a bowl, mix sauce, miso and five-spice powder.

2. Chop green onion, cut snow peas into strips and thinly slice lettuce or Chinese cabbage.

3. Use spoonful of sauce to coat chicken and reserve remaining sauce. Cook chicken on the grill for 12 to 15 minutes, until cooked. Let cool. Meanwhile, add green onion and snow peas to remaining sauce.

4. Shred chicken and add to sauce.

5. Open hamburger buns, place cheese on bottom halves and heat on grill. Divide mix among buns and garnish with Gouda and Chinese cabbage.

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- 1 1/2 tsp (7 ml) miso
- 1/4 tsp (1 ml) Chinese five-spice powder
- 1 green onion, chopped
- 1/2 cup (125 ml) snow peas, cut into strips
- 1 cup (250 ml) lettuce or Chinese cabbage, thinly sliced
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- 4 to 6 whole wheat or multi-grain hamburger buns
- 4 to 6 slices of Canadian Gouda

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Learning in the lap of distraction

I can't compute. Study finds students have tougher time being taught when peers are pounding away at their keyboards

Laptops have replaced pen and paper for many post-secondary students, but a Canadian study suggests using computers during lectures could be hurting their grades and lowering their classmates' marks.

For the study, published earlier this year in the journal *Computers & Education*, research subjects in two experiments were asked to attend a university-level lecture and then complete a multiple-choice quiz based on what they learned.

In the first experiment, which was designed to gauge how multi-tasking affects learning, all the participants used laptops to take notes during a lecture on meteorology. But half were also asked to complete a series of unrelated tasks on their computers when they felt they could spare some time. Those tasks — which included online searches for information — were meant to mimic what distracted students might do during class.

In the second experiment, some students were given pencils and paper to take notes during a lecture while others worked on laptops.

Researchers wanted to observe if the students taking notes the old-fashioned way would be distracted by having computer screens around them.

Faria Sana, who co-auth-



How can these school chums be expected to focus when their friend just posted that photo on Facebook? ISTOCK

Screening your studies

We really didn't think the effects would be this huge. It can change your grade from a B+ to a B-.

Faria Sana

Co-author of a study on the impact of laptops in the classroom

ored the study with fellow doctoral student Tina Weston, said she expected lower test marks for students who were asked to multi-task during the experiment, or were seated near other students using laptops. But the distraction effect was stronger than she hypothesized.

"We really tried to make it pretty close to what actually happens in the lectures. We found that lo and behold, the students who multi-tasked performed much worse on

the final test and those who were seated around peers who were multi-tasking also performed much worse on the final test," said Sana.

"So you might not be multi-tasking but if you have a clear view of someone else who is multi-tasking, your performance is still going to be impaired."

The students in the first experiment who were asked to multi-task averaged 11 per cent lower on their quiz. The students in the second

experiment who were surrounded by laptops scored 17 per cent lower.

"We really didn't think the effects would be this huge," Sana said. "It can change your grade from a B+ to a B-."

Sana also noted that the students who participated in the experiments said they didn't really expect their marks to suffer much from computer use in the classroom.

"At the end we gave a survey to all the students and what we found was that these peers who were seated around multi-taskers had no idea they were being distracted. They didn't think the laptops were causing a distraction but based on the scores of their final test,

they actually were," she said. Seeing dozens of laptops

Mac attack?

While Sana and Weston are not calling for a ban on laptop use in classes, they do hope students consider that goofing off on their computers can affect their peers sitting around them.

- "A lot of students spend quite a big chunk of time in class doing things that are not related to the academic environment or aren't directly related to the course or the lecture," Sana said.

- "We're hoping that based on these results, students will take responsibility for their actions."

in a classroom is now common, Sana said, as is spying some students on social networks, playing games or watching movies instead of paying attention.

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4 SPORTS



Tampa Bay's Jose Lobaton, left, is doused by teammate Yunel Escobar on Sunday during a postgame interview after Lobaton hit a game-winning home run in the 10th inning against Toronto in St. Petersburg, Fla. PHELAN M. EBENHACK/THE ASSOCIATED PRESS

Rays' Lobaton soaks up walk-off homer

MLB. Jays fail to capitalize on solid start, haven't won series at Tropicana since '07

Jose Lobaton came up big again for the Tampa Bay Rays.

He hit a solo home run in the 10th inning and the Rays beat the Toronto Blue Jays 2-1 on Sunday.

He also had a game-ending triple in the ninth on Friday.

"It's different," Lobaton said. "Walk-off triple, that was amazing. Walk-off homer, run

On Sunday

2

Rays

1

Blue Jays

the bases like that, is unbelievable. It's something that you want to do all the time. Hopefully it's not the last one."

Jake McGee (3-3) struck out one during a perfect 10th.

Tampa Bay took two of three from Toronto, which

hasn't won a series at Tropicana Field since April 2007.

Rays starter Chris Archer allowed one run and four hits over seven innings.

Blue Jays right-hander Todd Redmond, a St. Petersburg, Fla., native, gave up one run and six hits over six-plus innings in his first start at Tampa Bay.

"We wasted great pitching out there," Blue Jays manager John Gibbons said. "If you're going to play in prime time, you've got to win those games."

Evan Longoria put the Rays up 1-0 in the first with his 24th homer, an opposite-field drive

to right that resulted in a video review after a fan in the front row caught the ball just above the fence.

"One bad pitch to Longoria, one of the best-hitting third basemen in the game right now," Redmond said. "You do that, and you pay the price. (The fan) probably reached over a little bit, but it was probably just far enough to where it didn't matter."

The Blue Jays tied it 1-1 when Edwin Encarnacion connected for his 31st homer this season with two outs in the seventh.

THE ASSOCIATED PRESS

CFL

Boatmen sail past Eskimos to win 4th straight

Ricky Ray threw three touchdowns and tied a club record for consecutive completions Sunday as the red-hot Toronto Argonauts continued to roll with a 36-33 victory over the Edmonton Eskimos.

Ray finished the night 30 of 35 for 413 yards, including TD passes to Jason Barnes, John Chiles and Chad Owens against his former team as Toronto (5-2) won its fourth straight.

Ray's 17 straight completions in the first half tied an Argonauts' club record set by Mike Rae in 1975 in a game against the Montreal Alouettes.

Edmonton quarterback Mike Reilly was 35 of 46 for 511 yards and three touchdowns as the Eskimos (1-6) lost their fifth consecutive game.

Grant Shaw added four field goals for Edmonton, which was without injured star linebacker and reigning CFL defensive player of the year J.C. Sherritt.

THE CANADIAN PRESS

Tennis

Nadal still on top as Williams falters

Rafael Nadal took advantage of the few openings he got against John Isner, grinding out a 7-6 (8), 7-6 (3) win at the Western & Southern Open.

Serena Williams dominated her first set, then fell apart, giving No. 2 Victoria Azarenka a chance to rally for a 2-6, 6-2, 7-6 (6) win that ended Williams's 14-match winning streak.

THE ASSOCIATED PRESS

Bolt completes Jamaica's gold-medal sweep

Usain Bolt is, yet again, perfect. And with three gold medals in Moscow, the Jamaican great became the most successful athlete in the 30-year history of the world championships.

The 4x100-metre relay gold on Sunday erased the memories of the 100 title he missed out on in South Korea two years ago because of a false start. And, in combination with a similar 100-200-4x100 triple from Shelly-Ann Fraser-Pryce, Bolt was instrumental in giving Jamaica the first ever sweep in those six sprint events.

Bolt was trailing American

Justin Gatlin when he got the baton on the anchor leg, but a botched U.S. handover and his superlative speed were enough to see him, and his country, win.

The United States was second in 37.66. "I wasn't really worried about Justin. I knew if he got the baton in front of me, I could catch him," Bolt said. "So it was just going out there to run as fast as possible."

Bolt had already won the 100 and 200 metres. It was his second such sprint triple at the world championships, match-

ing the two he has won at the Olympics.

With his victory, Bolt moved to the top of the all-time world championships medals table with eight gold and two silver, edging Carl Lewis, who has eight gold, one silver and one bronze.

Canada's team of Justyn Warner of Markham, Ont., Dontae Richards-Kwok of Mississauga, Ont., and Toronto natives Aaron Kingsley Brown and Gavin Smellie won bronze in 37.92 seconds after Great Britain was disqualified.

THE ASSOCIATED PRESS



Usain Bolt crosses the finish line in the 4x100-metre relay at the world track and field championships on Sunday. PAUL GILHAM/GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

Something you see or hear today will shock you but if you dig a little deeper you may find it is not nearly as outrageous as you first thought.

Taurus

April 21 - May 21

Whatever you are working on, personally or professionally, you must be free to do it your own way and at your own speed. Anyone who tries to interfere must be told quickly to mind their own business.

Gemini

May 22 - June 21

You have your own way of doing things and you have no intention of changing just to please other people. In fact, if someone tries to tell you what to do today you will no doubt delight in doing the opposite!

Cancer

June 22 - July 23

Do something different as the new week begins, something that makes the world around you sit up and take notice. Cancer is a cardinal sign and therefore born to achieve things.

Leo

July 24 - Aug. 23

If old methods and routines are getting you nowhere by all means try something different. It may be hard, at first, stepping outside your comfort zone.

Virgo

Aug. 24 - Sept. 23

Everything you say will be taken seriously today, even when it should be obvious that your tongue is very firmly in your cheek. With that thought in mind be careful what comes out of your mouth.

Libra

Sept. 24 - Oct. 23

You have the knack of seeing things which other people have managed to miss and if you are smart you can use it to make some serious money over the next few days.

Scorpio

Oct. 24 - Nov. 22

Ignore deadlines and rules and do things at your own speed and for your own enjoyment. Who is going to complain? You'll be a law unto yourself during the early part of the week.

Sagittarius

Nov. 23 - Dec. 21

As usual your ideas seem to be opposed to what most other people think and, as usual, you are right and they are wrong. That may not, of course, be true but you believe it with such conviction it doesn't matter!

Capricorn

Dec. 22 - Jan. 20

You may feel strongly about a certain issue but that does not mean you can just ignore what other people say if their views and your views do not coincide.

Aquarius

Jan. 21 - Feb. 19

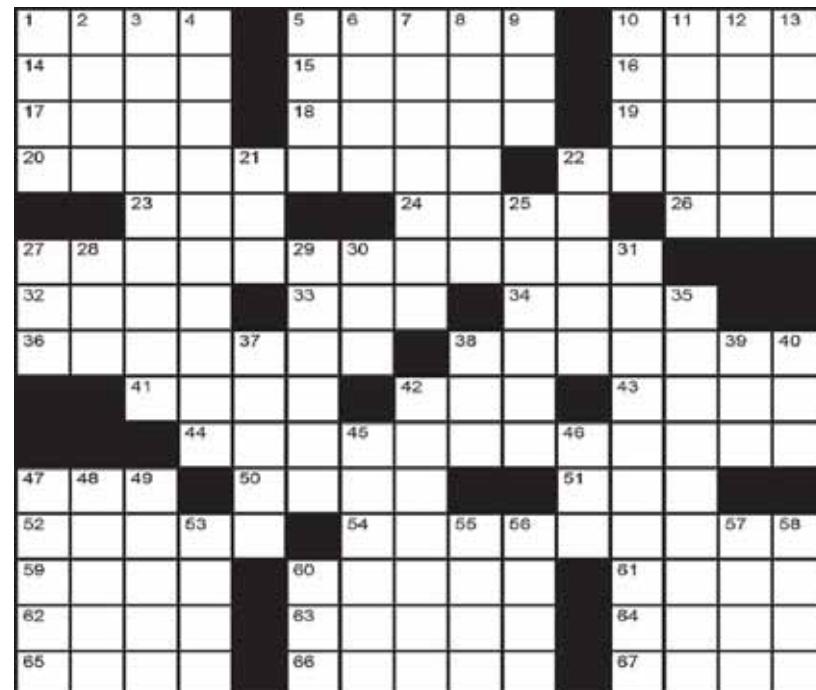
Don't waste time on idle gossip as the new week begins as there are far more important issues you should be dealing with. On the work front, especially, sudden changes may lead to new opportunities.

Pisces

Feb. 20 - March 20

Someone close will say or do something completely unexpected today and to begin with you may not know how to react. They may surprise you, they may even annoy you, but you have to admit they caught you out big time. **SALLY BROMPTON**

Crossword: Canada Across and Down



Across

1. Ran, as clothes colours
5. Clean the kitchen floor again
10. Stinging bug
14. 1974 Neil Diamond hit: "___ Said"
15. Doing quite well at
16. Mom in For Better or For Worse
17. Wisecrack, variably
18. Puccini opera
19. Wing-shaped
20. How early auditions are sung on "American Idol": 2 wds.
22. Spruce __, Alberta
23. Glamorous getaway
24. Mont Blanc, par exemple
26. Cowboy singer Mr. Ritter
27. Car manufacturing factory feature: 2 wds.
32. Movie genre, Film __
33. Three-toed sloths
34. "America's" __ Top Model"
36. Like shoes to match bridesmaid outfits
38. With time __ (In no hurry): 2 wds.
41. Earth's crust's

- upper layer
42. 'Tutor' suffix
43. Physical activity, for short
44. Bridezilla's aspiration: 2 wds.
47. Golfing norm
50. Engrave
51. Red carpet walker, e.g.
52. Contests of ancient Greece

54. City in BC
59. Joni Mitchell album
60. Dancing garbs
61. Shakespeare villain
62. Establishment's emblem
63. Try something out: 2 wds.
64. Burden
65. __ Sound, ON

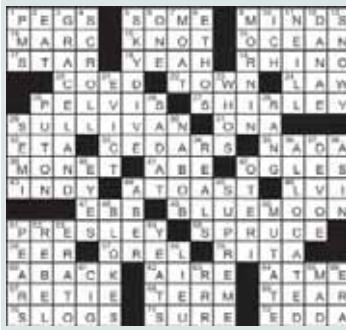
66. __-Bismol
67. Tidy

Down

1. "It's not that __ deal really."
2. Secular
3. Sites for political asylum seekers sometimes
4. WWII: Military operation of August

- 19th, 1942: 2 wds.
5. Pace
6. Environmental sci.
7. Loses
8. Available, as a physician: 2 wds.
9. Tiger Woods org.
10. Wash-and-__
11. Dispense
12. Great __ Lake, in NWT
13. Heat-resistant

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	5	3	7	4	1	9	6	2
9	7	4	2	5	6	1	8	3
2	1	6	3	8	9	4	5	7
3	9	1	5	2	7	6	4	8
7	6	2	4	9	8	5	3	1
5	4	8	1	6	3	7	2	9
1	8	7	6	3	4	2	9	5
4	2	9	8	7	5	3	1	6
6	3	5	9	1	2	8	7	4

1	3		7	2	8
4	9		1	3	5
			2	9	
1				6	5
	6	5	8	2	
2	9	1			8
	4		8		
2		6	4		5
9	6	7		4	2

Weather

TODAY

TUESDAY

WEDNESDAY



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